



# ISLAND GROWN

## HARVEST OF THE MONTH

– September –

# TOMATOES

### FEATURED FARM OF THE MONTH: NORTH TABOR FARM

At North Tabor Farm in Chilmark, Rebecca Miller and Matthew Dix grow about 15,000 pounds of tomatoes each year. They raise ten varieties of heirloom and hybrid tomatoes in all shapes, sizes and colors. Rebecca's favorite is Cherokee Purple, for its dense and sweet flavor. Tomatoes are available at their North Road farm stand and across the island July through September.

#### HEALTHY SERVING IDEAS

Toss diced red, yellow and green tomatoes with basil, olive oil and balsamic vinegar for a quick side dish at a late summer meal.

Make kabobs with cut up tomatoes, cheese and cucumbers to pack for a healthy lunchbox snack.

Sauté diced tomatoes, chopped kale and onions for a flavorful side dish.

Use tomatoes to make salsas, or as a base for soups and sauces.

#### HEALTH BENEFITS

**VITAMIN A**

**VITAMIN C**

**LYCOPENE**

**ANTIOXIDANTS**

**HEART HEALTHY**

**FIGHTS INFECTION**

**IMPROVES VISION**

**IMMUNE SUPPORT**

#### SHOPPER'S TIPS

Look for plump tomatoes with smooth skin, an even color and a sweet smell.

Store ripe tomatoes at room temperature and away from direct heat for up to five days.

Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure.

Only refrigerate tomatoes that have been cut or cooked.

Choose low sodium canned tomatoes, sauces and pastes and be sure to look for BPA free linings in any canned foods you purchase.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

[ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH](http://ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH)



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

